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by Liz Robb

Garlic and lemon lamb with dauphinoise potatoes

Ingredients

4 lamb rump steaks 4 cloves of garlic
1 lemon
A small handful of fresh parsley
1 small shallot
4 large Desiree potatoes
A large knob of butter
200ml half fat double cream*
200ml semi-skimmed milk*
A quarter teaspoon of freshly ground nutmeg
Salt and freshly ground black pepper
60g low fat mature cheddar cheese*
Olive oil

Preparation

1. 1. Take 2 tablespoons of juice from the lemon and put it in a small bowl. Chop the parsley leaves finely, peel and crush 2 cloves of garlic and mix both with the lemon juice. Lay the lamb steaks in a shallow dish and scatter the mixture over them, turning them to coat both sides. Cover with cling film and leave to marinate in the fridge for several hours. 2. When you are ready to cook, preheat the oven to 190 degrees or 170 degrees fan oven.
2. 3. Peel the shallot and chop it really finely. Peel the remaining 2 cloves of garlic. Peel the potatoes and slice them really thinly.
3. 4. Melt the butter in a large saucepan over a low heat and sauté the chopped shallot and garlic, crushed, for 5 minutes to soften them. Stir in the double cream and then the milk and bring up to a simmer. Add the thinly sliced potatoes, return to a gentle simmer and cook for about 10 minutes, carefully stirring occasionally, until the potato slices are just cooked but not breaking up.
4. 5. Lift the potatoes out, using a slotted spoon, into a deep ovenproof dish to make one fairly thick even layer. Add the grated nutmeg to the sauce and season to taste with salt and black pepper. Spoon the sauce over the potatoes then make sure that it trickles down to completely fill in any spaces.
5. 6. Grate the cheese and scatter it all over the top of the potatoes. Bake in the preheated oven for 30-35 minutes
6. the topping should be golden brown and bubbling.
7. 7. About 10 minutes before the dauphinoise is ready, brush a griddle pan with a little olive oil and heat. Season the marinated lamb steaks with salt and pepper then griddle them for 3-5 minutes on each side, depending on the thickness of the steaks.

Cooks Note

Why not treat Dad to a special lunch or dinner at home to celebrate father's day together? Juicy lamb rump steaks, marinated in garlic, lemon juice and fresh parsley then gridded, with luxurious creamy dauphinoise potatoes topped with mature cheddar cheese, accompanied by his favourite fresh vegetables; yum!

I served this meal with some lovely baby carrots of different colours, simply halved lengthways and steamed for 5 minutes, but sliced green beans or asparagus spears, or any other fresh seasonal vegetables, would be just as good.

* These lower fat alternatives still produce a lovely creamy tasting dauphinoise, but feel free to use full fat alternatives if you want to be really indulgent!

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